

## ROARK—Furniture, Wallpaper, Shades, Moldings.

Undertaker's Goods: Coffins, Caskets, Robes, Wrappers, Slippers, Grave Vaults. Disinfection—ROARK

### Walking.

It is the teaching of nature and of medicine and the common experience of mankind that the body that does not exercise stiffens and rusts. This is freely conceded by everybody, but not everybody, alas! translates his belief into practice. Unless exercise can be varied and made pleasant it is tedious business. Swinging Indian clubs, carrying dumb-bells or going through the various movements of the "home gymnastics," so popular a few years ago, soon becomes monotonous. The man who can keep it up every day, year in and year out, possesses an enviable will power that is in itself akin to genius. Fortunately, no one is compelled to do this, indeed, it is better not to do it exclusively, for labor or exercise is inefficient, and is a poor substitute for tennis, golf, riding, and, best of all, because it is the power of all able-bodied persons, walking.

By walking is not meant strolling. That is better than sitting in an arm chair by the fire, for it takes one into the open air and ventilates the lungs and stirs up the sluggish circulation in a measure, but it is not walking exercise.

In a brisk walk of twenty minutes or more, a man exercises all the muscles of his body; he shakes the abdominal organs into useful activity; he fills his lungs with fresh pure air, and so helps them to discharge their quota of purifying the blood; he quickens and strengthens the heart action, so that the blood, now well actuated in the lungs, flows in full stream to the brain, and washes out all the poison with which the every day work and worry has clogged it; and at the same time the ever-changing scenes in city streets or country roads alter the current of thought. Mind and body alike are renewed, and all this without conscious effort, if the walk is taken with a purpose.

The purpose can be found, for there is always an errand which one can do for himself or another. The business man especially, the one who needs more than any else this life-giving exercise, can get it by walking to or from, or to and from, his office.

This may seem irksome or time-wasting at first, but with a little perseverance it soon becomes a habit. Then very soon its benefits are recognized; one by one disagreeable minor symptoms disappear, meals are properly digested, sleep becomes a matter of course, and those first few extra pounds of flesh at which the family physician has looked askance insensibly disappear. The wise man will not readily abandon a habit which brings such certain reward.

Porch swing settees in various lengths and finishes at Roark's.

If you have a watch or clock out of running order, jewelry to be repaired, or sewing machines out of service, bring them to McCracken and get first-class guaranteed work.

### Burr Grist Mill.

My new burr mill is in operation; call on your merchants for White Flint meal. Also ready to furnish the public with chicken feed and chopped corn.

jl 28

J. A. SHAVER.

Give your job printing orders to THE RECORD.

McCracken has the largest stock of dials for timepieces ever carried in the county, and can fit anything from the court house clock to a toy watch.

If you want a milk chocolate, strawberry milk or Bimbo Flip, we have it.

TAYLOR & POOLE.

### House and Land for Rent.

The Captain Roark property, 7 room house, stable, fine water, several acres of land, ready for cultivation located just outside of town, on two streets, will be rented reasonably. Fine location, desirable home. Apply to Orien L. Roark, Greenville, Ky.

Try Miss Lena Arnold's shop for high grade clothes pressing.

### "I had been given up to die by three of our best doctors,"

I could not stand it to be on my feet and I was so swelled in the abdomen I could hardly breathe. But thanks to Dr. Miles' Heart Remedy and Nervine I am able to be about the streets, a walking advertisement of the curative qualities of your remedies, although I am 70 years old."

JOHN R. COCHRAN,

Lewistown, Ill.

Better than any statement we could make regarding the value of Dr. Miles' Heart Remedy

are these words of Mr. Cochran. He speaks from experience, the highest possible source of knowledge. If you have any of the signs of a weak heart, such as pain in the left shoulder or arm, fainting and hungry spells, shortness of breath, smothering spells, fluttering or palpitation of the heart, you need

Dr. Miles' Heart Remedy which for over twenty years has been recognized as the best preparation of its kind to be had.

Sold under a guarantee assuring the return of the price of the first bottle if it fails to benefit. AT ALL DRUGGISTS. MILES MEDICAL CO., Elkhart, Ind.

### Bulbs of all kinds in Stock.

Miss Lena Arnold has in stock all kinds of bulbs, and now is the time to begin the cultivation. Following are ready for delivery, and orders taken for others, and prompt delivery guaranteed. Chinese Sacred Lilies, 10c each, 3 for 25; Paper White Narcissus, Grandiflora, 2 for 35, 30c doz; Roman Hyacinths, Single White, 5c each, 50c doz; Bedding Hyacinths, Dutch, 5c each, 50c doz; Forcing Dutch Hyacinths, 10c each, \$1.00 doz; Tulips, mixed, 20c doz.



White Sewing Machines, in rotary and vibrator; needles, shuttles, etc. in stock for all machines. ROARK'S STORE.

Get potted plants and cut flowers from Miss Lena Arnold.

Take your beef hides to J. E. Coombs & Co. and get the cash.

Several patterns of swing porch settees at Roark's, and you are invited to call.



### Very Serious

It is a very serious matter to ask for one medicine and have the wrong one given you. For this reason we urge you in buying to be careful to get the genuine—

**THE FORD'S BLACK-DRAUGHT Liver Medicine**

The reputation of this old, reliable medicine, for constipation, indigestion and liver trouble, is firmly established. It does not irritate other medicines. It is better than others, or it would not be the favorite liver powder, with a larger sale than all others combined.

SOLD IN TOWN

The largest line of the best baby carriages in town are on display at Roark's.

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Best work, prompt service: give your laundry to Joe Morgan, who will appreciate your patronage.

If you have not heard the Victor talking machines, call at Roark's. If you have heard them, call again and often; they never grow tiresome. Large library of records and all kinds of talking machine supplies.

See the very latest thing in carpet sweepers at Roark's.

Telephone No 5, and your laundry will be called for and delivered.

Joe Morgan solicits that grocery order, and will show his appreciation by supplying the best goods at the very lowest prices. Quick delivery and courteous treatment.

Typewriter ribbons, legal blanks, document covers, carbon paper at this office.

Telephone that grocery want to Joe Morgan and get the best goods at lowest prices.

Miss Lena Arnold asks the patronage of the public, and guarantees that satisfactory work will be done in her clothes cleaning, pressing and repairing shop.

Give us your job work.

## Our Name

has been before the public for 30 years, most of the time right on the spot where we are now located.

## Our Aim

constantly has been to sell the best goods in our lines, at the most reasonable prices. Our services are of the highest grade, our wares the best, and our equipment compares with the best of the larger cities. We endeavor constantly to increase our usefulness.

## Our Claim

On your patronage is based on a service the duration of an ordinary life time, and a square deal assured every one. The accumulated experience and knowledge of this third of a century are at your command.

**The J. L. ROARK Estate**

ORIEN L. ROARK, Manager

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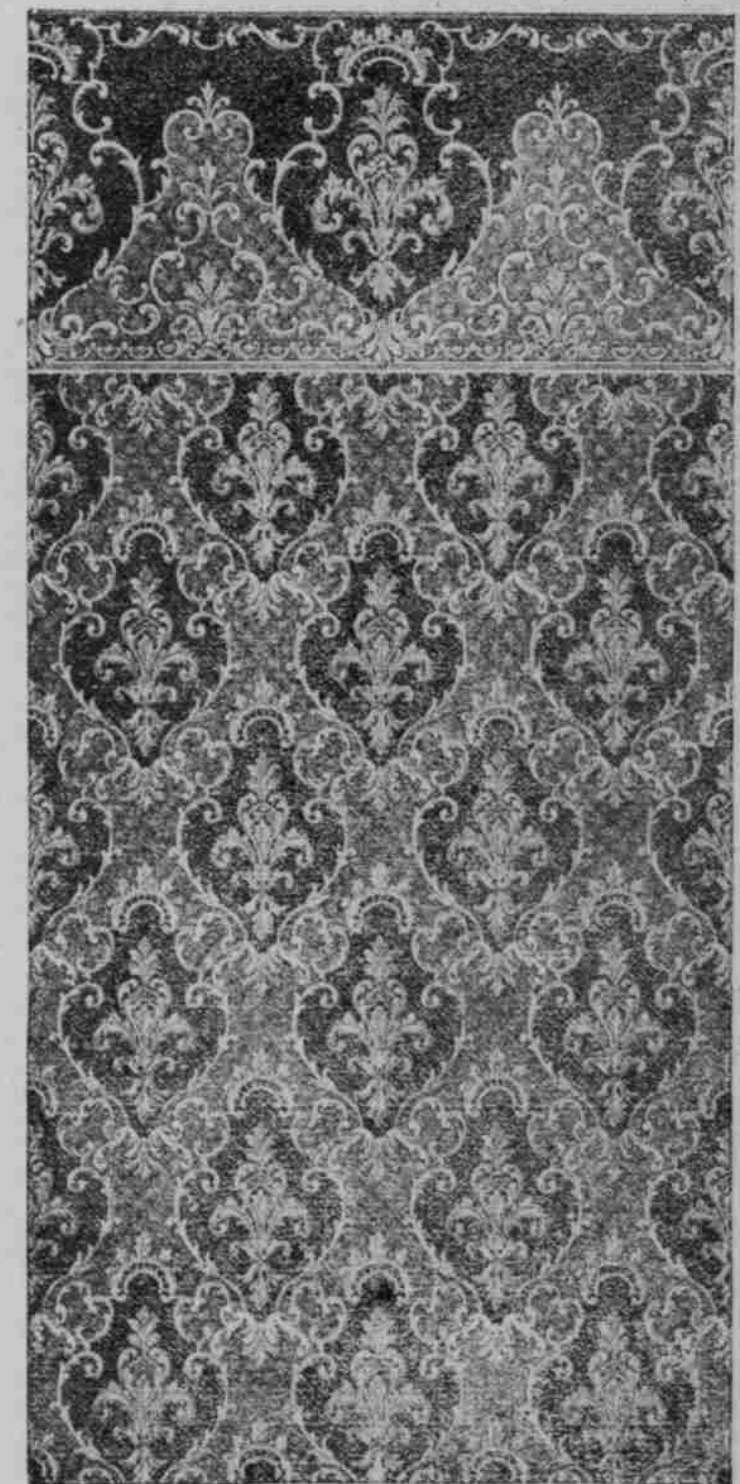
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